

Wonders of Human Bioelectricity



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Abstract

Every unit in our body is part of a huge network of bioelectrical currents. In physiological terms, brain and heart work respectively like the generator and the transmitter of the ionic currents in the body. The bioelectric energy resulting from combination of vital force with electrophysiological functions is distributed amongst different parts of the body as per their functional requirements. This electricity in conjunction with the inner strength (Consciousness Force) of a person produces bio-magnetic like fields of attraction, which manifest as the aura (halo of light) around one's body and charm in one's personality. The bioelectrical fields of a person influence and also get affected by – other people's aura, plants, jewelry and other metallic substances, clothes, food, surrounding ambience, and inter-human interactions. Intense bioelectric currents also make possible distant communication, hypnosis, healing etc. The book presents lucid account of the origin and manifestations of bioelectricity and its effects with illustrative examples ranging from day-to-day experiences to scientific experiments and spiritual aspects of wider interest. It also provides guidelines on preserving, protecting and augmenting bioelectricity for more energetic body, sharper mind and healthier ambience.

Human Bioelectricity | 1

Human body functions as a potential powerhouse. Like the transmission lines of electricity spread all over a township from a power station, there is a marvelous network of circulatory and nervous systems interconnecting the brain to nerves, carrying messages to the brain from sense organs and, propagating brain's response to the corresponding functional units. The relevant information processing units of brain instantaneously respond to the stimulus detected by the sense organs or related subsystem of the body and the brain sends signals to the nervous system to react in an appropriate manner. A sting by an insect in the leg is immediately reported to the brain, which directs the muscles in the leg to shake it off with a rigorous movement. Simultaneously, the veins in hand react to scratch the affected part to increase the circulation of blood for neutralizing the injected irritant and speeding up the process of healing. The nervous system also collects and transmits information about the climatic conditions like cold, heat, movement of air and humidity, enabling the subject to arrange for appropriate shelter or clothing, etc.

The thicker arteries and veins of the circulatory system apparently are only the 'tubes' for blood-flow. However, these are also imperceptible channels of transmission of bioelectricity. Effective functioning of an organ of the body depends on adequate flow of bioelectricity in its blood vessels. When, in

spite of the normal flow of blood, the transmission of this current in the blood vessels slows down in some part of the body, the muscles of the affected part partially or totally lose their flexibility and the related organ or region experiences pain, discomfiture, numbness, or is totally paralyzed.

When an organ suffers from arthritis or a neurological disorder, there is no obstruction in the normal flow of blood in the related organ (since in that case it would cease to function), but there is a retardation or blockage of bioelectricity in that part. On account of the feeble current, the circulatory system becomes weak and loses its flexibility. (*The alternative systems of medicine such as acupressure and acupuncture attempt to normalize the flow of this current.*)

In the absence of adequate bioelectric force, the vessels are unable to withstand the pressure of the blood or any other physical exertion thus resulting in pain, inflammation or irritation in the affected muscles.

The living element or vital power in the blood and flesh is the current of bioelectricity controlled by the central power station in the brain. The moment it is drawn off the body, its residual charge (with the subtle body) gets dissipated into the omnipresent cosmic reservoir of bio-energy and the body-parts, including the brain, cease to function. Since this vital charge also works as a shield against invasion by the bacteria in the air; on being deprived of this living element, the erstwhile active organ of the body 'dies' and begins to petrify emitting foul smell. When stored for a long time, the food product derived

from a dead animal becomes totally devoid of its bioelectric charge and is rendered unfit for consumption.

While alive, the beings continue to draw in bioenergy from the cosmic reservoir through their autoregulated breathing apparatus (respiratory system, energized with the element of consciousness force present in the being). In the event of death, when they stop breathing, all constituent elements of the body are cut off from this cosmic reservoir of life and the body is reduced to an inanimate, inert state. However, when a being breathes its last or is killed, the bioenergy in its body is not lost instantaneously, but it loses its residual charge gradually. The living flesh 'dies' gradually in proportion to the loss of its residual bioenergy.



Soul as Source of **Bio-energy of Body** | **2**

In all living beings, soul is the fountainhead of life-energy (*prāṇa*) responsible for the biological functions. Brain is only an instrument of the soul.

The potentiality of life-energy is not to be assessed from the physical capability of the body of the being. Though human body is rather small in size and its activities such as locomotion, lifting of load, physical and mental exertion, are limited as compared to several other members of the animal kingdom, it should not be assumed that the potentiality of the source of bio-energy in humans is of lesser significance. On the other hand, since many other beings of the animal kingdom appear to be physically more powerful than man in many ways, it does not imply that their bio-energy has a greater potential than that of man.

All animate beings, however insignificant they are in shape or size, have a unique and striking characteristic. It is their natural capability to reproduce their species. Within a small seed of a tree, lies in a dormant state, the potentiality of growth and reproduction. Availing the appropriate environment, a tiny seed uses this potentiality stored in its soul by growing into a huge Banyan tree.

Soul is eternally alive and is sustained by "*Ananta Chetanā*" (the infinite, absolute, consciousness force, which is

the perpetual source of bio-energy required for expression of life). By virtue of this mechanism of interaction, the soul is able to draw and collect requisite bio-energy from this cosmic ocean for the total (physical, mental and emotional) growth of the being. This energy is used to acquire whatever natural elements are needed, in whatever quantity; for growth, sustenance, and reproduction and physical, mental and emotional development.

However, this process of acquisition and manifestation of bio-energy by the soul from cosmos varies in different beings.

Let us consider, for example, the process of growth in a plant. All seeds of a plant do not mature into full-grown trees. Many seeds do not grow beyond initial germination or the plant withers out after a little growth. It does not necessarily imply any deformability or defect of the seed to grow. The growth is inhibited because of the inadequacy the process through which the energy is acquired for reproduction. Unless the seed makes use of the appropriate use of the required bio-energy by interacting with nature, its inherent potentiality of growth is of no use.

Apparently, the attributes of a seed are not comparable to those of the tree of which it is a part, but fundamentally, there is no difference between their potentialities. Within the seed are all attributes of a tree in a dormant state. On proper utilization of its inherent capabilities, a seed can grow, produce and reproduce like a tree.

According to the Philosophy of *Vedanta* (essence of Vedic knowledge) the individual soul (*Jeeva*) and the Absolute Soul

(*Parmatma*) are present in a unified field of existence. If the soul in man is compared to a seed, the Absolute Soul (*Parmatma* or God) is its parent tree. With this analogy, in human soul are imbibed all attributes of Divinity. Human progress (physical-mental-emotional excellence and its products) depends on utilization of these divine attributes by proper interaction with the Absolute. There are innumerable persons in the world leading a wretched life. Their great misery and hellish existence shows that they are unable to make use of the abundance of the divine attributes inherent in their soul. Amongst the sentient beings, only the soul of man has been given the freedom to achieve Supreme Evolution by enhancing the consciousness power and making its creative use as much as required and in any field of choice, by interaction with the Absolute.

Soul is Omnipotent

By virtue of its existence in the unified field with the omnipresent powers of God, the soul is also regarded as omnipotent. Through the force of inner will, man interconnects with this solute reservoir of power and utilizes it appropriately with the help of his intellect to achieve the desired objective.

We know that provided an appropriate environment, a small seed, having the inherent capability of germination, grows into a giant Banyan tree. However, compared to the limitations of the soul in the seed, the soul in a human being has much greater animation (*Chaitanya*) and freedom to act. Consequently its capacity to work too finds expression in varied and complex fields. In this world only human beings have made scientific inventions, explored frontiers of knowledge and

harnessed forces of Nature. The reason behind it was not a series of coincidences but a coordination of human desire, a strong will and focused intellect. These faculties operate as tools for the tremendous bioelectric power of the life-force inherent in soul.

Therefore, dear reader! You should be aware of the paranormal bioelectricity working within you, ponder over its enormous potentialities and practise to prevent its wastage and to prudently make use of it. Be sincerely dedicated to whatever you desire to acquire or achieve in life. Be focused to your objective, have a sincere desire to achieve the best, and strive for it whole heartedly using righteous means. Then all your physical and mental activities will begin to conform to the objective. Through determination and focused approach, the channelized bio-energy of your intellect will take care of the aberrations or lacunae in your attempts, ensuring success in the end. If you desire to take full advantage of human life, contemplate over the unlimited power of soul present in your being and the currents of bioelectricity working in your mind-body system, and learn to utilize it appropriately.



3 | *Paranormal Powers of* **The Mind**

Mind is a tool of the soul. One of the functions of mind is to create desires. Suppose the mind wishes to see Taj Mahal. The moment this desire arises in the mind, its subordinate faculties present a conceptual picture of the tomb before it. If the desire is weak, this imagery fades out after a while. If it is strong, the imagery of Taj Mahal becomes gradually more vivid. In course of time, the strong intensity of desire activates dormant occult faculties in mind and the conceptual image in the mind begins to “interact” with the actual physical structure of Taj Mahal. When it happens, the intellect begins to sense many parameters related to the tomb without any conscious effort. The paranormal powers of attraction generated in the imagery because of continuous input of strong desire to see it materially, gradually overcome all external hurdles and creating favorable circumstances someday bring the subject face to face before the tomb. Similarly, in proportion to the clarity of objective and concentration and intensity of thought, most of the information acquired by extra-sensory perception turns out to be true. (This is what works in case of telepathy and psycho kinesis.)

We hardly ever come to know how much this paranormal force of attraction in the mind for a desired object (or objective) struggles to clear the way to success in between

the inception of a desire to its ultimate fulfillment, by removing the seemingly insurmountable obstacles

The attraction of desire triggers numerous activities in the mind. The bioelectric current in the mind forcefully paves the way to success by surmounting numerous obstacles in the physical, mental and external environments. If we could somehow observe it physically, or record it though an instrument, we would appreciate the enormous power of bioelectricity working in our mental domains.

A very small part of bioelectricity is used in biological functions of body. Heat (thermal energy) in an average human body itself is capable of melting 40 kg of ice. What is the source of this heat? The temperature of one's body is merely like emissions from a chimney of the body's factory indicating that there is a powerhouse working within the body. Soul is a storehouse of tremendous energy. For biological functions a very small fraction of this energy is utilized. So intense will be the 'heat' of the total life-energy hidden in one's body that no living being on this planet could survive if exposed to it.

The invisible field of bioelectricity in one's body exerts much greater influence on the surrounding life systems than his or her physical activities. The magnetic personalities of great men and women are an expression of this field. The 'aura' (domain of bio-energy field) of personalities of dedicated military commanders subdues the fighting potential of powerful enemies. It should be noted that the aura around the face of great persons is neither the sheen of their face nor is it a reflection of light because of the texture of their skin.

Outstanding success of a sole person facing thousands of rivals or attackers does not indicate the potentiality of flesh and bones of his body. It is the miracle of the radiance of his inner will (*Ātma Teja*) and consequent current of bio-energy that made possible his talented efforts.

In the next section, we shall learn that besides the activity of bioelectricity felt by the nervous system within the body, its presence can also be examined through sensory organs of eyes, nose and skin by performing simple experiments.

The object of present discussion is to throw light on the role of the great paranormal electrical field involved in all activities of body. A broad estimation would tell that the power needed for activities of body and mind is sufficient to operate a sizable factory. The bioelectric current in an infant itself is sufficient to run a railway engine. On an average, less than one third of this power is required for physical activities of the body and mind.

You are a Manifestation of Your Mind

There is a saying “One becomes what one earnestly desires to be” The secret of this phenomenon lies in the working of the mind. Whatever the mind desires, is translated into conceptual blueprints. Persistence in desire infuses a paranormal magnetism in this imagery and mind develops occult powers (like distant vision, telekinesis, telepathy, etc) for collecting necessary resources from the material world.

In order to achieve an objective substantial effort is required for acquisition, transportation and arrangement of things in material world. Commensurate with the intensity

and persistence of desire, a bioelectric field develops around the person. It gradually spreads all around creating a favorable ambience for fulfillment of the objective. At its center inside the body, the intellect of the aspirant suggests ways and means and provides appropriate courage and perseverance to face the obstacles and directs the body to act accordingly. Most of us do not have even a partial idea of the enormous functions the mind secretly performs to facilitate attaining our objectives — ranging from the routine to the extraordinary ones.

Where There is Will, There is a Way

When we speak of the success of a person, we attribute the achievements to his endeavors in the physical world. However, those having the knowledge of secret functions of mind know that the real executor was not the body but the mind of the individual. Had their not been a strong will and support of the mind, there would not have been any possibility of accomplishment.

Many individuals cannot perform even ordinary chores effectively. They take hours in doing ordinary things, which hardly require a few minutes of most others. Such disorganized persons find even small tasks tiresome and annoying. It shows that while working they do not receive the full cooperation of the will power of mind and the body is dragged to perform reluctantly, to its maximum capability with little assistance from the mind. Body has enough responsibility to work for its own sustenance. When forced to do additional extraneous work, it naturally sends signals of tiredness and irritation. Hence this fact should never be lost from sight that for smooth

and adept execution and successful accomplishment of a task, maximum utilization of power of will is an absolute necessity because the paranormal magnetism produced by strong will itself is the driving force that leads to the end product.

The intensity of desire makes one act commensurately and if the activity is intelligently utilized, there remains no doubt in overcoming of all obstacles, whatever their magnitude may be. The famous statement of Napoleon: "The word `impossible` is found only in the dictionary of fools" may appear as an overstatement of a belief, nevertheless, it reveals a great truth, that every thing can be achieved with the power of strong will.



4 | Human Bioelectricity

Some Deomonstrations

The foregoing chapter has introduced us to the bodily and mental functions of perennially flowing currents of life-energy. Besides sustaining the biological functions of the body and mind, this energy is serving other requirements of man and can be put to many other uses as well. The fields created by bioelectricity in the animate beings are interactive. An individual having a greater charge in the bioelectric field can influence the minds of those having weaker fields and make the latter act or think as desired. Modern science is investigating this energy in various ways. (*Mesmerism and hypnotism are based on this property of bioelectricity.*)

Each living being has its own specific bioelectric field (*Aura*) around the body. This bioelectric field also exerts its influence on the environment around the individual. Experienced yogis can learn much about an individual by sensing the bioelectric field in the proximity, without actually meeting the person. Among other things, the science of Psychometry, also deals with investigation on the mental power of locating lost objects or finding facts of an object or a person associated with it without seeing or making any perceivable contact with it. By way of extrasensory perception of a bioelectric field, a yogi can tell many secrets and facts without physically coming in contact of a person, place or an object.

However, the existence of a bioelectric field in human body does not necessarily require a conceptualization, nor does it need scientific equipments. The experiments given hereunder will satisfy the curiosity of the reader.

1. Manifestation Against the Backdrop of a Dark Curtain: This simple experiment would demonstrate the presence of the invisible bioelectric field of the body.

Keep one of the chairs facing the least illuminated wall of the room and cover its back with the thick black cloth. Place a dimly lighted wick lamp on the chair. The light should not be visible on the cloth from behind the chair. Be seated on the second chair facing the back of the first chair at a distance of about a foot from the cloth. Resting elbows on the arms of chair, keep arms in an upright position with the palms and fingers pressed together. (As in traditional Indian salutation – “*Namastey*”). Now start rubbing both palms together vertically; do it slowly in the beginning, then gradually accelerate.

A close observation will show a fog-like hazy luminous emission emanating from the palms. The palms may also appear to glow with a couple of sparks flying out of them. Edges of nails would particularly appear luminous.

2. Sensory Perception of Bioelectric Magnetism This experiment shows the bioelectric magnetism present in the body.

Be seated on a non-conducting chair placed on the insulated floor. Keep body-parts away from any conducting surface (walls, floor or any other conducting body likely to

leak the bioelectric charges from the body.)Tightly press fingers of both hands together, leaving a little space between the palms. For about a minute keep the hands pressed together in this position. Now keeping the palms together, try to pull the fingers apart. The bioelectric magnetism of the body would resist the effort to separate them. A vibration will be felt in the fingers.

3. Changing The Taste of Water by Passing Bioelectric Current: This experiment shows that bioelectricity flows through material objects coming in contact of the body, changing their physical and chemical properties. In one of the tumblers, insert the tips of your fingers for about five minutes. While doing so conceptualize that the bioelectric current of your body is flowing through the tips of your fingers into water in the tumbler.

Let some, someone who had not been watching this experiment, closely and keenly observe the color of water in the two tumblers and also take a sip of water from both. The examiner would easily find a difference in the water kept in the two tumblers.

4. Conductivity of Bioelectricity During Physical Contact Between Animate Beings: This experiment demonstrates that during physical contact there is a passage of bioelectricity between animate beings.

Make the center of a table clearly visible by making a circular spot on it by the marking pencil. Let the participants be seated around the table forming a circular chain by placing their hands in such a way, that palms and fingers of each

person rest on the back of those of the persons sitting on either side. Let each individual concentrate their sight on the spot in the center of the table. The flow of bioelectricity through their bodies will be felt as feeble tremors in their hands and other parts of the body.

5. Recharging The Bioelectrical Field of a Dead Organic Body by Human Bioelectricity: The following experiment shows that by transmitting human bioelectricity, it is possible to delay the decay of organic matter after its “death”

When a living being (animal or plant) “dies”, it begins to decay on account of gradual leakage of residual bioelectric charge of its body into the cosmic reservoir of bioelectricity. The following experiment will show that it is possible to replenish this loss of bioelectricity for some time with the help of human bioelectric transmission.

Keeping one of the objects selected for the experiment aside, look at the other intently at brief intervals with the thought, that it is being enlivened by your bioenergy flowing into it through your sight. It will be found that, the other object kept aside had undergone normal decay whereas that being subjected to the experiment is retaining its freshness. (Greater concentration is likely to dehydrate the object.)

A woman in France had reportedly developed an unusual bioelectric field in her body. She could prevent the decay of dead organic matter simply by looking at it. Besides observing the effect on plants, flowers and fruits, scientists verified this phenomenon by experimenting with various types of other objects like dead frogs, rabbits, fishes and pigs.

Microscopic examination too confirmed the absence of bacteria in the experimented objects for weeks together. Besides, whenever some decaying organic matter was brought to this lady, she could destroy the bacteria responsible for the decay within moments, by gazing at the object.

6. Telekinesis by Bioelectric Transmission: It is an interesting experiment demonstrating the effect of bioelectric transmission on dynamics of material objects. Even children can carry out this experiment with amusing results. The effects are startling when there are a large number of persons performing this experiment together.

Let the experimenter be seated at a distance of about three feet from the freely suspended needle and fix his gaze on the needle. (There should not be any movement of air in the room to affect free movement of the needle.) While concentrating the sight on the needle, let the participant desire the needle to move sideways, backwards-forwards, clockwise or anticlockwise.

After sometime the movements of the needle will be found 'obeying' the intention of the participant. This experiment can also be performed by a large number of participants holding suspended pendulums steadily in their hands.

7. Building a Bioelectric Fence: Like an electric fence constructed for protection, it is possible for an individual having a strong bioelectric field to build an invisible bioelectric fence for safeguard. Such a fence does not permit an undesirable person to enter the safeguarded territory.

The following experiment will serve as an example. The experimenter draws a circle on the ground with a marker, thinking that a bioelectric fence is being built around the area. Ants and similar small worms having weak bioelectric fields will find this area impenetrable. On coming close to this fence, these will circumvent it as though it was built with hot sand.

If such a fence were drawn around a worm, it would find it difficult to come out of the confined space. Even if it crosses it at great risk to its life; it would appear miserable while moving through the confined space.

The great epic “Ramayana” describes that Lakshman had drawn a similar fence (Lakshman Rekha) around Sita for her safety against the demon king Ravana. He dared not enter the fence and abducted her when she crossed the fence for giving him alms.

8. Scanning a Bioelectric Field: Hands placed on a sensitive photographic plate in a photographer’s dark room would produce x-ray like prints of their bioelectric field. Kirilian photography has been used to obtain similar prints from plants.

9. Producing a Bioelectric Shock: The experimenter stands at a short distance behind a person engrossed in some work and concentrates gaze on his spine or on the exposed part of neck, with the intention to startle him by giving him a shock; by sending a bioelectric current through sight. However deeply engrossed in work, the gaze will distract the subject. The sight of the onlooker will create an itching sensation on the part of the body being looked at and the subject will turn his head back to look at the experimenter.

10. Telepathy by Sending Bioelectric Thought Currents:

Let a person be seated before you in comfortably relaxed, in a calm state of mind. With the mind of the subject before you as the target, concentrate on the forehead of the subject with the thoughts desired to be sent telepathically. The bioelectric waves carrying the thoughts being projected will enter the mind of the targeted person producing similar thoughts there. With a little practice, In most cases, this experiment produces encouraging results. However, where the subject has a vacillating mind or is obstinate by nature, the thoughts being transmitted may not be properly received.



5 | *Influence of Bioelectricity* on Food Products

Common man is hardly aware of the effect of “internal purity” of food on mind. In one of his books, Prof. Leadbeater, a founder member of Theosophical Society, speaks about the influence of subtle ingredients of food on human body. According to him, apart from the digestive matter, the food matter also carries with it certain subtle contents and our bodies absorb these as well. We meticulously take care of the external, physical cleanliness of food, overlooking the fact, that its internal purity is much more necessary than its physical purity.

Food products subtly absorb thoughts/traits of persons handling these for long periods. (*Repeated right or wrong thinking becomes a part of habit, ultimately developing into a trait of the person.*) The imprints of these thoughts/traits on the edibles created by the bioelectric transmissions of associated persons are carried over to the mind of its consumer.

The “internal purity” of food is maximally affected by the morality and mental state (at the time of cooking) of its cook. Research tells us that maximum discharge of human bioelectricity takes place through the tips of fingers. Foodstuff repeatedly touched by bare hands and fingers cannot remain unaffected by the good or bad traits of the cook. It is true, that that while heating, many such internal impurities are removed. Nevertheless heating does not purify the food in totality.

Physical contact is not the only factor responsible for the internal impurity of food. Thoughts are waves of bioelectric current. As such, these are also propagated through sight while looking at things. (*Hypnotists and mesmerists utilize this property of transmission of thoughts. The famous saying 'Love at first sight' too illustrates this phenomenon.*)

Food is man's favorite subject. Food products easily attract man. When one casts a glance on the edibles kept on the plate of a neighbor, the thoughts of the onlooker are also transmitted to these edibles. Food served reluctantly or by a person in an unhappy state of mind would certainly have negative effect on the eater. The same is true of the foodstuff forcibly snatched from somebody, or consumed alone while sitting at a place surrounded by several onlookers, and of the food earned by unfair means.

In market places, sometimes sweets and other delicious edibles are displayed in glass showcases. Many onlookers feel tempted, but for some reason or the other, do not, or cannot, purchase these articles. Little children and individuals, who cannot afford to buy these, particularly watch these edibles with a craving. Bioelectric charges of such suppressed desires of many persons continue to accumulate on these food items, making them unworthy of consumption. Whatever be their nutritional value, repeated consumption of commercial products so displayed makes one sick. For this very reason a natural, and home-cooked food, eaten in the company of family-members or people who are also having their meals in calm state of mind, is considered more beneficial for health

than a pre-processed food, fast-food or food handled by many persons or displayed in a showcase.

Being prepared with loving thoughts and care, a simple, inexpensive ordinary food prepared and served by family members is much more nutritious and satisfying than the cookies and delicacies acquired from a departmental store. The great Hindu epics *Ramayana* and *Mahabharata* narrate the incidents of Lord Ram and Krishna accepting simple edibles offered by the poor, turning down invitations by kings. When Ram greatly appreciated the jungle berries offered by Shabari and Krishna praised the preparation of leafy- vegetables served by Vidur, they did not do so merely to honor their hosts. They knew that the love and devotion of their hosts had enhanced the internal purity of the food manifold.

Those engaged in advanced *yoga-sādhakas* are particularly cautious about the subtle contamination of food caused by people coming in its contact.

Ensure Internal Purity of Food:

By taking a few simple precautions, one can ensure the internal purity of food.

(i) While Taking Meals Avoid Using Metal Table-wares Constantly Used by Others: Metal tablewares absorb bioelectric charges and retain these for longer periods. Hence, when taking meals at the residence of a person having different moral-values than your own, it is advisable to avoid metal tableware. Metal wares easily collect large bioelectric charges from the persons using these for long periods. Though heat

neutralizes such negative influence to a great extent; sometimes, after prolonged utilization the accumulated effect becomes so strong, that it is not removed even after repeated heating. (*The custom of using disposable biodegradable plates, saucers, cups, tumblers and pitchers prepared from leaves and pottery during community feasts as advocated in the Indian Culture avoids such risks and also propagates an environmental friendly healthy trend.*)

(ii) Ensure Internal Purity of Kitchen Tools: Since fire/heat neutralizes foreign bioelectric charges to a great extent, the environment around the kitchen (having burners and ovens) is, naturally more purified. Hence the area around the kitchen is a better place for taking meals. (Besides, the external impurities like bacteria or insects too are less in the region where cooking fire is burning).

Clothes too carry foreign deleterious bioelectric charges likely to affect the internal purity of food. It is therefore advisable to wear minimum clothes while taking meals.

On account of frequent exposures to the bioelectric fields of different persons, face and hands and other exposed parts of the body are particularly susceptible to greater pollution. Besides, as mentioned earlier, the tips of fingers discharge and receive bioelectric current to a greater extent than other parts of the body. Hence washing face and hands before taking meals safeguards the internal purity of food.

Persons serving food items should not touch them with bare hands. Touching a liquid food is more risky, as liquids absorb bioelectric charges faster than solid food. As far as possible, spoons and tongs should be used for serving the food.

Self-prepared food has maximum purity. Next to it is the food cooked by morally compatible friends, relatives, well-wishers and persons having higher values of character.

Knowledgeable persons engaged in pursuits of spirituality are particularly careful about the internal purity of their meals. Madam Blavotsky of Theosophical Society advises people to let very few persons handle their food and water containers. The cook and attendants should preferably be asked to partake their meals beforehand, lest their cravings become associated with the food being prepared or served.

If required to share meals with persons having different values, one should preferably partake only dry food products, since these absorb little extraneous charges and also take a longer time in reacting to bioelectric fields. Milk or its liquid-products should never be accepted for personal consumption from persons of unknown morality. These absorb bioelectric charges much more than water.

Obstacles subtly retain impressions and traits of persons who come in their contact for long periods. Whereas the deleterious bioelectric charges of food grains and other edible products are purified by heating, if the latter have been forcefully or unethically acquired or received by begging, the charges associated with the feelings of their erstwhile rightful owners are not wiped out even after being subjected to heat treatment.

Non-vegetarian food products can never have internal purity. Whatever external treatment an animal product is subjected to, it retains deleterious bioelectric charges produced

by the stress and agony experienced by the animal, when it was killed. The consumer of non-vegetarian food cannot escape the harmful psychological effects (such as stress) of these residual charges permanently absorbed by the product. Even milk forcefully acquired from cattle carries such charges.

Note: Quite a few influences harmful for the internal purity of food can be effectively removed by power of will. Before picking up the first morsel take a spoonful of water in the left hand and dipping the fingers of the right hand in it sprinkle a few drops around the plates containing the food.

Closing eyes, pray, “O God! Please purify this food by removing from it all undesirable constituents and make it life-sustaining.” Believe that your prayer has been answered and the food has been supplemented with nutrients for physical, mental and emotional health. A sincere prayer made in this manner renders food healthy by removing its many undesirable elements. (*Remembering the grace of God at the dining table also serves the same purpose.*)



6 | *Reactions of Electromagnetic and Bioelectromagnetic Fields on Plants and Humans*

Besides interacting with the humans and animals, electrical and bioelectric fields also exert influence on the objects considered inanimate or inert. Each man carries his specific bio-magnetic field which interacts with the fields of the individuals around him and also with the material substances in his contact. To begin with, we shall discuss the effects of electromagnetism on various life forms.

Dr. S. S. Nehru, a Govt.officer, living at Itava (U.P.), India, has carried out large scale experiments in electrically charged plant-cultures with encouraging results. He has found that electromagnetic fields have remarkable effect on growth of vegetation. He exposed saplings of different plants to electromagnetic fields by using wire nets and electrically charged water for irrigation and found that the targeted vegetation recorded better growth and fructification than other plants.

Extending the scope of his experiments further amongst human beings, he could cure many patients of chronic diseases by administering electro-magnetically treated water. By making infants wear electro-magnetically treated metal necklaces, he succeeded in providing relief to them in teething troubles and several other diseases. In his experiments he used small solenoids for producing feeble electromagnetic fields.

It is seen that exposure to human bioelectric fields is as much necessary for growth of flowering plants as are proper soil, fertilizers and irrigation. Crops around the farm-hutments of farmers and adjoining habitations are found to be more productive. Trees on the verge of dying out show renewed growth when human beings and animals begin to live nearby. Handpicking of leaves in certain plants increases their productivity. Tea leaves and leaves of green gram are traditionally handpicked.



7 | *The Chemistry of* Attraction Between Opposite Sexes

Mind and body are intimately interactive. Thoughts arising in the mind produce reactions in the body. On the other hand, activities of body influence the mind. The phenomenon of exchange of sentiments through physical contact (caressing, embracing, kissing etc.) is also a commonly experienced example of this kind.

On entering a foreign human body, in course of kissing, the respective charges associated with secretions from mouth and lips of each individual, create a momentary attraction in the other body for their native place of origin. (This phenomenon is discussed in detail in a later chapter of this book.) Biomagnetic currents entering each other's body by way of kissing or by parentage (i.e. from parents to their off springs) tend to seek a reunion with their native places of origin (*like a larger magnet attracting the smaller one of same polarity*). This bio-magnetism finds an expression as a feeling of love between two persons.

However, the stability of mutual attraction depends on the compatibility of bio-magnetic fields (empathy) of the interacting individuals. Unless the two interacting fields are mutually complementary, the attraction does not continue for long. The bio-magnetic fields "reject" the incompatible alien particles after a short period. Unless accompanied with strong sincere desire, the small bioelectric charge exchanged during

a casual interaction (kiss or sex) is neutralized in the large bioelectric fields of the recipients like donated blood assimilating in the large bloodstream of a patient. *(This is why, for lasting conjugal relationship and love, norms of morality prohibit promiscuity and premarital sex and recommend monogamy.)*

However, whatever be the mode of physical interaction between two individuals, there is always a possibility of receiving negative traits during contact. It is all the more harmful since negative thoughts being more penetrative, are the first to pollute the mind of the receiver.



Residential structures too do not remain uninfluenced by the biomagnetic fields of the persons occupying them for long periods of time. It is found that a building left unoccupied for a long time deteriorates faster than a similar structure inhabited by people. This phenomenon appears contradictory to common experience of unused articles retaining their usability longer than those being used frequently. The mystery lies in the strength being provided to the constituents of the building by the collective biomagnetic fields of its residents.

Places frequently visited by people having identical temperament and objectives create specific biomagnetic fields in the surrounding area subtly energized with similar ideologies (thoughts). The specifically charged fields thus formed around individuals and places are termed their *Ideospheres*.

The influence of this invisible *Ideosphere* is observed in everyday experience – a feel of peace and serenity prevails at places of worship and pilgrimage; relaxation and happiness at venues of entertainment (e.g. festival halls and picnic spots); and fear and apprehension at places associated with death and violence (war zones and cemeteries).

After a prolonged stay, the *Ideospheres* of houses begin to vibrate with ideologies (thought waves) conforming to their inhabitants. The subtle constituents of attitudes and temperaments of these occupants retain their marks on the surround ambience for long periods after their departure from

the place. On entering a house, experienced yogis can easily have a perception of the characteristics people who are living, or had lived, at that place.

Entering a house charged with righteous thoughts of good people, one feels inspiring peace and soothing energy. On the other hand, where wicked and malicious people had lived, the *Ideospheres* vibrate with disturbing thoughts. On spending some time at such place one would be startled by having malevolent thoughts contrary to one's normal temperament. (*Lonely sea beaches, mountains and Virgin Islands unpolluted by Ideospheres of crowds, provide tranquility.*)

Ideospheres of places where violent or brutal acts had taken place do not change for ages. Nooks and corners of buildings, where criminal activities, arson, forced abortions, tortures, murders or similar banal activities had taken place, sob and wail. At such places, sometimes sufferings of victims of cruelty manifest into fearful haunting and terrifying dreams.

Certain residential structures have a notoriety of being ominous or haunted. Occupants of these buildings feel apprehensive or suffer mental unrest for no apparent reason, or face disturbances by poltergeists. A peep into the history of such structure would connect them to some past disturbing event. Some resident or residents of the building might have undergone prolonged physical and mental torture or the thought of the building might have evoked deep anguish in a related person living elsewhere. Residents of places vibrating with violent mental agonies of their earlier occupants cannot live peacefully. With the exception of a few having strong will power, an ordinary person feels uneasy at such places.



9 | *Why Some Places* **Become Haunted**

Each somatic cell of body has a natural capability to develop into a full-grown individual. (*Remember Dolly the first clone of sheep produced in a laboratory!*).

Given a suitable environment, units of bioelectric fields of human bodies are capable of producing identical bioelectric clones of the related individual having similar appearance and temperamental characteristics. In the event of death, when the soul departs, whereas the physical constituents of the body disintegrate, the bioelectrical particles do not disperse for long periods of time. The residual bioelectric field continues to “live” in the erstwhile residence of the dead person. If a building is left unoccupied for long (unless otherwise disturbed by new visitors), finding an appropriate environment, the bioelectric particles of its earlier occupant reproduce independent bioelectric clone (*etheric double or energy body*) having personality of the deceased. A single particle is capable of developing into such an entity. In spite of the soul of the dead individual having found the body of a newborn elsewhere in the next birth, the residual bioelectric field sometimes continues to persist at the place of his (or her) living as an etheric double. (*Ghosts of some past presidents are said to still haunt certain parts of White House in America.*)

The so-called *prāṇika* clouts (energy bodies), ghosts, spirits, phantoms, apparitions, poltergeists, *praitas* and *jinn*s are often independent creations of a few bioelectric particles of long dead persons. However, because of having partial

constituents of bioelectric particles, these 'energy bodies' need not have all characteristics of the past living persons. In spite of having an 'appearance' similar to the shadow or image of the latter, their activities may differ.

Such virtual 'dynamic' images found in long unoccupied residential structures need not always belong to their earlier occupants. Stray bioelectric particles may sometime drop in at deserted places and finding a suitable ambience to develop into images seen or regarded by people as ghosts and spirits.

Residual memory sometimes makes these images replay past activities of the dead person. For instance, the astral double of a pianist may be heard playing his favorite compositions on his instrument in his unoccupied house, long after his death. *(Such phenomena were reported from Las Vegas in America.)*

If a long-unoccupied building is visited by a small number of persons, their bioelectric fields sometimes agitate the energy bodies living at that place into greater activity. However, if the number of persons is large, the collective charge of their *Ideospheres* forcefully push these images out from the place.

Thus the phenomena of sightings of ghosts or mysterious movements are indicative of development of bioelectric particles of some living or dead person into an active virtual image. Unless intensified by prolonged presence, these manifestations can be easily erased. Through cleansing and disinfecting, and thermal radiations produced by herbal sacrifices in fire and chanting of Vedic Mantras during the sacraments of *yagya* and occupation by a large number of strong willed persons compels these apparitions to quit the place.



10 | *Bioelectric Conductivity in* **Jewelry**

Women across the world are, by nature fond of jewelry. Ornaments enhance their beauty. These bejeweled decorations also serve a commonly unknown purpose. The jewelry on our body interacts with the external bioelectric field in space.

The space around us contains an invisible bioelectric field. Particles of this field play a significant role in sustaining our body physically, mentally and emotionally. Metallic substances are good conductors of bioelectricity. The inexpensiveness of certain metals, such as brass and iron is not simply because of their physical properties but on account of there being poor conductors or retainers of bioelectricity. By experience, humankind has learnt to prefer gold and silver for making jewelry. Had greater utility of these 'special' metals been a criterion of evaluation for making jewelry, steel being more durable and utilitarian would have been costlier than gold and silver! Similarly, nickel, being more lustrous, would have been more expensive than gold.

Gold is considered so valuable because it intensely attracts subtle bioelectric charges from space and hence remains shining even after being used for long.

The subtle components of bioelectric energy acquired by silver induce tranquility, steadiness and relaxation to mind. Silver bracelets worn by women in legs reduce craving for sex.

Divorced and widowed women can easily resist an allurements for illicit sex by wearing heavy bracelets of silver in their legs. Women, who are compelled to stay away from their husbands for long periods, should also wear some silver ornament for enduring the separation.

Wearing gold jewelry makes one energetic and glamorous. It adds luster to face. Women particularly like their face to be shining and glowing. Wearing jewelry in nose and ears serves this purpose. Since temples and cheeks are more sensitive to bioelectric charges; in order to touch these parts, gold earrings should be worn in the lobes of the ears serves this purpose. If gold jewelry is worn in the upper part of the ear, it stimulates parts of the brain creating restlessness.

In this way not only gold and silver jewelry make one more attractive, it also contributes to emotional stability of the wearer.

From the point of view of emotional health, copper is as beneficial as gold. A gold plated copper ornament is as useful as jewelry made of gold. An alloy of gold and copper would be a still better option.

Jewelry worn around throat, chest, and heart invigorates the heart. (*Perhaps for this reason a pendant is attached to the necklace.*) Men, who may not like wearing jewelry, may at least wear a gold ring. A ring prepared with intertwined wires of copper and silver attracts uplifting bioelectric waves from space.

Jewelry prepared with an alloy of eight specific metals (*aṣṭadhātu*) works like a live magnet of bioelectricity. *Ashtadhatu* is a very powerful conductor of bioelectricity. However, its advantage lies only in wearing a small ornaments, like a ring on the finger. Wearing larger jewelry of this metal is likely to produce insomnia, digestive disorders or psychological problems.

Bioelectric Conductance of Jewels:

Greed and attachment of man to an article is directly proportional to its value. The more is the value of an object, the greater becomes the reluctance of its owner to part with it. Because of this fact, currency of successively higher denomination carries greater load of bioelectric charges. The same principle holds true for jewels. Jewels are generally possessed by rich and prosperous persons. The bioelectric fields around such persons are highly charged with unethical practices. In such environments, their jewels too absorb related charges. If a jewel is kept by a great sinner or a cruel person or it has been forcibly taken away from a greedy miser, it carries with it bioelectric particles of that person, which often influence the psyche of the person who subsequently acquires it. On the contrary, if it were owned honestly and without carrying anybody's emotional attachment, it may induce beneficial effects. This is the mystery behind certain precious stones being considered lucky or inauspicious. Some jewels bring prosperity to its wearer. A few turn out to be extremely unlucky. (*The famous diamond Kohinoor is known to have brought misfortune to all its owners.*)

Hence it has become customary to examine the longtime influence of jewels beforehand by keeping them in possession temporarily.

Keeping Jewelry is Harmful for Pawnbrokers:

In India, giving advances of cash against mortgaging jewelry is considered inauspicious for business. There are numerous instances of pawnbrokers following such practice becoming bankrupt and frequently suffering from some problem or other for no apparent reason. The factor responsible for these phenomena is the disturbing bioelectric charges associated with the ornaments that are mortgaged.

Women are very much attached to their jewelry. Parting with their ornaments is a very unpleasant experience for them. They would allow their jewelry to be mortgaged only under some compulsion and will keep on worrying till they receive them back. On account of frequent telepathic transmissions, bioelectric charges of their gloomy emotional waves go on accumulating on their favorite ornament. Since metals have the property of retaining bioelectricity in large amount, the pawned jewelry becomes saturated with charges creating disturbance in the mind of the pawnbroker.

Whosoever acquires a reluctantly given or forcefully taken article, cannot escape the consequences of misery experienced by its rightful owner. The unhappiness polluting the article disturbs equanimity of its keeper.



11 | *Bioelectric Conductivity of* **Metal Currency**

Currency changes hands frequently. Everyone loves money. Therefore bioelectric charges of thoughts of numerous persons get associated with the currency being handled by them. Often money passes through hands of such persons, who part with it reluctantly. This helplessness too sticks to the currency. Forcefully or cruelly snatched money becomes soaked with the misery of the loser. Metals being better conductor of bioelectricity, each coin carries with it a large burden of varied feelings. It is said that 'each rupee has in it a kilowatt of power' This saying has some degree of truth in it. The crowd of thoughts on the currency continues to exert its influence on the mind of its holder – though at a varied degree depending upon the nature of the holder.

When there is a purse full of cash is in the pocket, a thousand mischievous thoughts arise and mind keeps on jumping from one subject to another; whereas, when it is empty, the mind is in an entirely different state.

Although the numerous thoughts accumulated on a currency (especially metallic ones) are capable of influencing the thinking process of its holders; since money keeps on changing hands frequently, the effect on individuals is momentary. The psychic impact of currency depends on its value. The higher the value of currency, the greater its period

of storage with a particular person, the more it becomes charged with the thoughts of that individual.

Using counterfeit currency is harmful for psyche. The receiver of such currency feels irritated, is enraged with the person who passed it on and feels remorseful for his own stupidity in accepting it. The financial loss too makes the receiver unhappy. Looking at such currency frequently, the receiver of counterfeit currency saturates it with such mixed feelings of annoyance and gloom. So, not only on moral grounds, but also on psychological grounds it is advised for one's own good as well as for the welfare of others, to destroy counterfeit currency.

While deliberating on some problem, concentrating on some activity, or carrying out some religious ritual or meditation, it is necessary to keep cash away from one's body. Otherwise, with a lot of money around, it would not be possible to concentrate on any subject. While traveling only minimally required cash should be carried on person. While going to bed too, purse or money should not be held in the clothes on the body. Nor should money be kept on bed or under the pillow. Otherwise there may be disturbance in sleep because of bad dreams.



12 | Bioelectric Conductivity of Clothes

Although, inert by nature, on account of their proximity to the body, clothes are very much subject to bioelectric charges. Wearing borrowed garments is like eating the leftover food from someone's plate. A fable in scriptures narrates a story about the bad consequence of wearing borrowed garments. On account of exchanging her garments with her maid *Devyani*, the daughter of *Guru Brihaspati*, was made to suffer the humiliation of mistaken identity of a slave. Sometimes, people ignorantly rejoice in acquiring fashionable but cheaper second hand clothes. They are hardly aware of the possible harmful influence of such clothes on physical and mental health of the wearer. Whereas infection or contagion likely to be carried from these garments could be taken care of using disinfectants, if an immoral person had worn these garments, the negative charges therein cannot be eliminated by any physical means. The wearer remains disturbed and influenced by their polluting effects while wearing them.

So, there is no shame in wearing 'out-of-fashion' garments, even fewer clothes than necessary, but never, second hand or borrowed clothes. One may argue, that by this logic, the garments being used or discarded by a known, pious person should be pure and beneficial for health of anyone. But who could tell with certainty that the apparently good person is not secretly immoral and suffering from some physical or

mental ailment? Besides, self-respect too demands refraining from using borrowed clothes. Why should one eat or wear something discarded by another person-however exalted the status of that person be?

Garments prepared from silk and wool absorb little bioelectric charge. Sometimes, because of social compulsions, it becomes necessary to associate with groups of people charged with disturbed emotions. (e.g. in funeral processions, at cemeteries, hospitals, bars and casinos). On such occasions silk and woolen clothes serve as effective shields.

Exposing clothes to bright sunshine and boiling for a long time, normally cleanse the superficial bioelectric pollutants of garments. In course of daily routine physical contact too, we acquire negative bioelectric charges from people. Washing the clothes daily in hot water and exposing them to bright sun can neutralize these charges.



13 | *Thoughts are* Electro-Biomagnetic Waves

Thoughts are electro-biomagnetic waves perpetually arising in the mind. These are produced by the bioelectricity generated in the powerhouse of the inner self. In the event of death, on departure of soul from the body, the individual ceases to think.

A thought is not merely a word given to an abstraction, concept or feeling. Thoughts have dimensions with specific properties detectable by instruments. (*One such instrument is polygraph-the lie detector, which detects and presents graphics of thoughts in different states of mind.*)

At each moment, wave fronts of thoughts are being propelled from the mind in the outer space. Like radio waves it is possible to transmit and receive thoughts (by way of telepathy). The dimensions of thoughts floating in the space can be known and interpreted by yogis through extrasensory perception.

The currents of thought waves have wavelengths and frequencies like those produced in waves of water. However there is a difference in their magnitude and process of propagation. The waves, produced in a pond of water on earth fan and die out at the periphery of the pond due to the résistance of earth. On the other hand, the thought waves which are perennially in propagation in the infinitude of space

(Aakash) are never lost. Since each thought has its own specific characteristic, instead of being amalgamated into an undifferentiated 'mass', it forever retains its independent identity and existence. Nevertheless, similar thoughts (or ideas) tend to be attracted from far and wide in space and form intense clusters. The phenomenon is like water vapor evaporating from different reservoirs collecting to form clouds.

When a thought arises, its frequency in the mind of the thinker interacts with those of the "masses of similar thoughts" (collective *Ideospheres*") in the space. The individual thought (the small magnet of *Ideosphere* of the individual) enters the field of the large magnet ("the mass of *Ideospheres*"). In this way, by extrasensory perception (commonly understood as intuition), one comes to know many new aspects of the subject being deliberated upon. The information comes from pre-existence in the collective "mass of *ideospheres*", of knowledge, ideas and experience of people, who had studied, pondered over and elaborated upon the subject in the past.

While thinking about activities of philanthropy and welfare, one has a feeling of great peace and contentment. This satisfaction is derived from the collective experience of people who had performed similar deeds in the past. On the other hand, emotions of anger, animosity, sin and deceit invite consequent reactions from past, creating stress and restlessness in mind.

(For instance, one experiences peace and happiness at places of worship, whereas the environment of areas charged with sorrow—such as cancer hospitals or cemeteries, make one feel depressed.)

Many great holy persons perform ardent ascetic exercises in seclusion, for creating an ambience for the welfare of mankind. Apparently, they are not seen actively engaged in any welfare activity. Nevertheless, the high frequency of virtuous thoughts transmitted by them in course of deep meditation help the masses to an extent not feasible by collective physical endeavor of a million people.

In India, many sages have been practicing devout asceticism in the solitude of caves of mountains since ages. It would be fallacious to assume that they are doing it for a personal benefit of deliverance or entry into heaven after death. As a matter of fact, these great men strive to make the bioelectric fields (*Ideospheres*) of their spiritual thoughts sufficiently strong to enable the thought waves being telecast by them easily receptacle by the minds of common man.

Mahatma Gandhi was aware of the force of a powerful ideology. He often said that the great revolution for independence of India did not require a large number of people. The objective could be achieved by a few having sufficient inner strength (*Atma Tej*) for propagating the ideology amongst the masses.

One benefits by thinking good. Similarly, one suffers the consequences of bad thoughts. Persons habituated to destructive thinking should know that they are inviting similar thoughts from space, which would one day overwhelm their life with misfortune and misery.

An evil or negative thought always produces an adverse reaction in other persons. It contributes to the pollution in the universal thought-bank. Hence, one should remain ever vigilant about an unethical thought trying to sneak in mind. The moment an unholy thought crops up in mind, it should be immediately diverted or pushed out by more intense constructive thought. Indeed, the most remarkable service of mankind is to always think positively and about welfare of other persons, endeavor accordingly and spread similar thought waves.



Belief is the Key to Success | 14

Mind is perpetually flooded with waves of thoughts. Generally these are impulsive or casual thoughts of small duration creating little impact on mind. On the other hand, serious and prolonged contemplation or pondering on a subject enters deep cores of mind giving birth to convictions.

When an opinion is accepted by mind as a certainty or unquestionable fact, it produces miraculous results. There is an ancient saying in Sanskrit: “*Viśwāso Phaladāyakaḥ*”; meaning —A deep rooted staunch belief is bound to produce desired results.

This phenomenon is illustrated in the relationship between a doctor and his patient. The best prescription of a well known medical specialist sometimes fails to relieve a patient; whereas the same patient gets immediate relief by a placebo administered by a quack. The reason lies in the staunch belief of the patient in the efficacy of the medicine and expertise of its prescriber. Taking cognizance of this fact, medical practitioner today regard the confidence and positive attitude of the patient as an important factor contributing to recovery. Although the patient generally gives credit for his recovery to the medication, the role of treatment in healing an ailment is not sufficient; major factor responsible for cure is his own conviction and attitude.

The Miraculous Power of Faith

Faith is another name given to a staunch unquestioned belief in qualities of one's role model.

Since God is omnipresent but invisible, people all over the world, use a variety of representations or symbols for His worship. They see God's presence in natural places of pilgrimage such as rivers, hills, rocks; in man made structures, holy books, idols and charms. Though inanimate, these centers and symbols of faith benefit the believers by fulfilling their desires in answer to prayers. The miracles produced by these inanimate objects defy any explanation. How does an inert object, incapable of protecting its own self from desecration, provide desired fruit to its believer?

In this respect, after intensive research on spirituality, a person having extrasensory perception has found the explanation to this phenomenon: the interaction between faith of the follower and the object of faith follows physical laws of science of elasticity.

When a ball of elastic material is thrown against a wall, it rebounds back to the thrower with the force proportional to the force of its projection. Faith and devotion in the believer are produced by the power of the great bioelectric power-generator imbibed in the soul (referred to as *Atma Sakti* or inner strength). While praying, the faith of the devotee associated with the force of soul- power strikes the revered idol and bounces back to the believer as desired results in the material world. (*In earlier chapters, it has been discussed, how desires*

produce strong bioelectric fields capable of interacting with the material world.)

There is a tale in the epic Mahabharata about a boy named Eklavya, who was denied admission in the military academy of Guru Dronacharya. Eklavya had great faith in Dronacharya. Determined to learn archery from him only, he built a statue of the Guru in the solitude of a forest and with full devotion began practicing in the presence of this idol, as though the latter itself was Dronacharya guiding him in person. His faith was so strong, that he telepathically received the necessary guidance directly from the experience stored in the memory of the Guru and became a greater expert than the disciples of Dronacharya trained in the academy under his personal supervision. Such was the miracle of Eklavya's faith in the idol. The expertise acquired by him was the result of his strong faith, generated by his inner strength, which, when projected at the idol of the Guru, made latter work as living Dronacharya.



Significance of a Guru in Persuits of Spirituality | 15

Books on science of yoga and spirituality unanimously glorify the role of Guru in pursuits of *sādhana*. There are many volumes of spiritual text and treatises composed in adoration of Guru.

The mystery behind miraculous grace of the spiritual potentials of a noble Guru emphasized in the scriptures is the strong faith of the disciple in his Guru. The faith of the disciple returns back to the disciple with proportionate success.

The individual being accepted as Guru by the disciple is also a human being vulnerable to some flaws or weaknesses. Hence, when an ordinary person or a somewhat enlightened person is revered, it is because the believer has a staunch faith in that person.

History tells us that the divine sage Dattatreya had acknowledged 24 beings as his Guru. Many amongst these were uneducated individuals, some even birds and animals. Perhaps none amongst these were spiritually more enlightened than Dattatreya; none knew about the significance of a Guru, or, was even aware who had given them the status of a Guru. Nevertheless, because of his own attitude of learning from the good that dwells in others, Dattatreya could derive as much benefit from these Gurus in his spiritual progress, as one could have had by interacting with an acknowledged Guru.

In today's materialistic environment, faith and devotion have become subjects of mockery. Attempts are made to find blemishes in sacred things and faith and belief are being regarded as rigmaroles of ignorance. Let us not blame persons holding such opinions. How can the human body, which is composed of elements of matter which vulnerable to change and decay, escape illusions while endeavoring to know the truth?

Truth is immutable. Therefore the only truth is God. The rest, perceivable by senses of body is illusion-an ever changing mutable phenomenon. Therefore, how can an idol, carved out of stone be a representation of God, or, a human body composed of flesh and bones be a Guru of some disciple? Why should one, who is not perfect or devoid of errors, be regarded as a Guru?

The spiritually enlightened person knows that these are only means and not the ultimate aims. The soul of the individual itself is the actor (subject) in its own gradual evolution or degradation, in course of its journey towards ultimate salvation. All external objects merely assist this process. However, the fact cannot be overlooked that it is impossible to achieve this goal without adept means.



When an information or concept about existence of a paranormal body at a place is believed as truth, it takes a shape as a vague imagery in mind. A firm conviction in its existence takes this visual image deep down in the subconscious levels of mind and gives it visible dimensions. This, in a nutshell corresponds to personification of objects of faith as deities, ghosts or spirits.

Ghosts and spirits may exist in subtle bodies and their presence may be felt in some ways. Nevertheless, in most cases, virtual images of our own convictions appear as ghosts. In a pitch dark night, to a person convinced about the presence of a ghost on a Banyan tree, branches, twigs and hanging roots of the tree would take the shape of a living ghost. A very strong conviction of the believer may even impart faculties of speech and movement to this imagery. It is seen that, in most cases, the phenomenon of haunting influences those persons who believe in their existence.

In many occult practices of *Tantra* such as *Māraṇa*, *Mohana*, *Uchchāṭana*, *Vaśīkaraṇa*, *Stambhan* etc, invisible forces are used for helping or harming people. A few amongst these appear being enacted by some alien invisible individual. The actor in such cases is not some spirit, but a 'virtual robot' created by the will power of the occultist. In India, many yogis have the potentiality of creating such 'shadow bodies' (*Chhāya*

Purūṣa) using the particles of their own bioelectric current potentiated by power of will. Having been structured with submicroscopic elements, such bodies have an access to information unperceivable by physical means. In spite of their intangible body, these are capable of performing some tasks like any physical being, sometimes even more effectively. These Paranormal images having paranormal capabilities (*Tantras* like *Karṇa Piśāchini*, *Yakṣiṇī*, *Divyaswapna*, etc) are products of focused use of effulgence of bio-energy of accomplished *Tantra*-experts. The potential of these shadow-bodies is commensurate with the strength of conviction acquired by them through strenuous *Tantra*-exercises of mind.

In the moments of devotional ecstasy, some idol worshippers perceive appearance of their revered deity as a living person before them. Such phenomenon as appearance of deities as living persons, perception of divinity in some form (as divine light , sound or words), superhuman powers in certain persons, are clear indications of bioelectricity working in human body.



Experiments in **Telepathy** | 17

Two individuals concentrating to interchange their thoughts telepathically at a fixed time, can achieve remarkable progress within a few day's practice. In the initial stages itself, the telepathically communicated information would be found containing quite a few basic elements of their thoughts. The clarity and comprehensibility of the messages would commensurate with the purity of mind (character) and degree of concentration.

Ancient Indian history is full of events describing telepathic communication between people. In modern times too feasibility of this methodology of wireless communication can be successfully established without any instrument. Striving further, one may even acquire clairvoyance – the paranormal faculty of distant-vision.

Modern science makes use of radio waves for transmitting and receiving images between distantly located places. Purity of character, ability to deeply concentrate and practice can enable anyone to “see” events taking place at far away places by extrasensory perception. Distant vision of events requires focused imagination and mental concentration at that place in solitude. During the initial stages of practice, the images appear hazy and somewhat different from actuality. With progressive evolution of the inner-self (with virtuous

development of personality), the clarity and authenticity of the imageries increase.

The energy that makes telepathic communication and distant vision possible is human bioelectricity. The basic requirement for such extrasensory faculties is purity and virtuosity. With the help of our own virtues we can attract virtues present in other persons and with the enhancement of our virtuosity derive sufficient benefits from the power inherent in our bioelectricity.



18 | *Role of Bioelectricity in Relationship* **Between Opposite Genders**

The bioelectricity flowing through man and woman creates biomagnetic fields having opposite polarity in their bodies. This opposite polarity between male and female bodies is manifested as the natural attraction between the two sexes. During youth, this biomagnetic field is stronger because of increased biological activity of the body. Unilaterally, these fields are inconsequential for either sex, but a disciplined physical contact benefits both in development of their physical and mental potentialities.

Allover the world, single men and women face more health problems and generally have lesser longevity than married couples. The bodies of widows and widowers often appear lusterless and unhealthy. They are usually found complaining about some personal ailment or other.

Let this statement of fact should not startle the believers in virtues of sex-restraint and chastity. The point being made here pertains to complementary nature of the male and female biomagnetic fields and its benefits. It should not be considered as contradiction of the advantages of abstention from sex for long periods or throughout life. Neither are the above facts contradictory to the advantages of celibacy advocated by the science of body chemistry (*Sharir Shastra*).

Abstaining from sex for long periods builds up tremendous creative energy in body. Persons having exceptional power of will, courage and perseverance may undertake special exercises of yoga for harnessing the incredible vital-power inherent in the sex-element (*Veerya Shakti*) for creativity and use it for achieving excellence in any field, be that athletics, scholarly study, spirituality, etc. They have the option of following celibacy for long periods. However, such cases are rare in the present times. The laws of body chemistry in general indicate that on an average, married life is necessary for supplementing the physical and emotional requirements of either sex.

Ayurveda (Ancient Indian medical science) and other traditional disciplines of meditation tell that suppression of sexual urge by an ordinary man or woman for a long time makes the person prone to many diseases and psychological disorders. It is clearly seen in the deteriorating health of widows and widowers. Experience shows that a normal happy conjugal relationship is advantageous for both sexes. There is nothing wrong in having sex. The harm is only in the abnormality of extra marital sexual relationships, erotic thinking and excessive sensual excitation. One who does not know baking a cake would spoil it or prepare a tasteless cake. One bitter cake does not prove that all cakes are bitter.

Sexual intercourse involves an exchange of vital-energy between the two bodies. In course of sex man absorbs the same amount of vitality as his female partner. Hence matrimonial alliances between a man and woman of more or less same age are recommended. With advancement in age, the capacity of

absorption of vitality increases. As a large tree draws in nutrients from around a large area beneath it on the ground and does not let the small plants grow beneath it; in course of the act of sex, the older person draws out the vitality of the younger partner. According to *Aurveda*, coitus with a younger woman increases the vitality of man. On the other hand, an older woman is benefited on having sex with a younger person. Coitus between persons of same age protects vitality of both.

Through experience, man had known this fact since ancient times and has been usurping it to his advantage. In the male-dominated society of medieval times of cultural devolution, man had cleverly kept it as a guarded secret from womankind to keep it from revolting. Many societies do not approve of marriage of a boy with an older girl-though a difference of a year or two in age of husband and wife is immaterial from the above point of view. Marrying a younger woman increases the chances of greater longevity for her husband and his health too shows improvement, whereas, the wife loses vitality and ages prematurely. (*In polygamous societies, men take advantage of this factor for their health and longevity*).

In certain primitive societies parents give their young daughters in marriage to much older men for monetary considerations. It is a very cruel and despicable practice. Throughout her life, the hapless woman is sucked out of her vitality, bit by bit, by her parasitic husband. It is seen that young wives of old men frequently fall sick. The poor women even do not know the actual reason for their failing health. For an old man marrying a young girl is like forcibly depriving a poor

man of his hard earnings. Unfortunately, many males amongst the humankind are sacrificing natural justice at the alter of self interest.

In course of coitus, excitement enhances the bioelectric energy level of the participants and an inter-transmission of energy takes place between the two bodies. The most powerful and vital energy of human body is that related to reproduction. At the moment of orgasm, this internal energy is released and mutually absorbed through the private parts of the participants. Since human bodies are full of biomagnetic charges, even sharing a bed may incite opposite sexes to make sensual love. Repeated, excessive excitement of organs of sex by coitus and lack of sleep, both have a harmful effect on health. Hence, while going to sleep, it is advisable to lie on separate beds.

Consequently, reciprocal transformation of personalities, qualities, traits and temperaments (*Guna-Karma-Swabhava*) takes place. The bioelectric particles mutually absorbed by man and woman, incessantly seek a reunion with their parent source. (*Like a large magnet tending to attract the small magnet.*) The process is like a traveler to an alien land frequently longing to return to his native place. This inner biomagnetic activity itself finds an expression as the conjugal love. Sexual intercourse makes this attraction stronger. On account of the presence of each others' bioelectrical particles in their bodies, the emotional attachment between a lover and a beloved is much stronger than that between individuals having other relationships.

This phenomenon is also illustrated in the love of parents for their offspring. Since a part of the bioelectric fields of bodies of parents goes into building the *Ideosphere* of the child, attraction between the two produces emotions of mutual affection. Mother's contribution being more than that of father, maternal love is very strong in all species.

Free, healthy interaction between male and female members of the society gives pleasure and promotes mutual understanding. Certain primitive societies do not approve of interaction between married couples in public places. It should be understood that the practice of using a veil is harmful for the psychological development of a person. In many parts of the world, men and women traditionally work in separate groups. Notwithstanding cultural constraints, they should at least have a freedom of conversation with their family members in the confines of their home.

For a healthy, ethical cohabitation, maximum freedom and convenience of interaction between man and woman is necessary. On special occasions, embracing in public places too may be permissible. However, sexual contact should never cross ethical limits and norms and disciplines of married life.



19 | Hazards of Polluted Bioelectric Fields

Promiscuity or having sex with a prostitute is like tasting the food leftover on a plate and licked by many dogs. Besides exposing to possibilities of venereal diseases and threats of AIDS, such a practice has the far worse reaction of polluting the psychic environment of the individual. A contagion of mind from a polluted mind is much more harmful than contacting a disease physically. A prostitute or promiscuous individual is fully aware of the immorality of the sexual act and the bioelectric field of the body of a person who, knowing the consequences, deliberately commits a sin, is extremely vicious and injurious for psyche.

Besides, the field of the area inhabited by such person too becomes polluted. Entering such polluted area none can escape its harmful influence. All clients of prostitutes are immoral persons. Each customer leaves a part of his sin with her. In this way, the *Ideosphere* of the prostitute and her residence becomes a storehouse of sinful thoughts of many criminals. Her round the clock physical and mental involvement in sin builds up a vicious *Ideosphere* around her person. It casts its shadow on everyone coming in her contact. Once caught in this *Ideosphere*, one finds it difficult to escape from it and becomes an addict.

Places of ill repute such as brothels, cheap bars and casinos frequented by anti social elements have *Ideospheres* intensified by negative influences of *Ideosphere*. The vicious *Ideosphere* attracts and compels the new entrant to conform to this hellish environment maximally. As a result an innocent upright person degrades into immorality and is doomed to suffer the hellish punishment due to a sinner throughout life.

Adultery, free sex and cohabitation with a prostitute are fraught with apprehension of social castigation and stigma. The possibility of being caught creates an anxiety, divesting sex of its natural pleasure. Besides the constant fear of detection constantly lurking in mind creates a chaos in physical and mental health.



20 | *Protect Your Child From* **Bioelectric Shocks**

A child falling sick soon after being looked at by someone with longing eyes (*Nazar Lagna*) demonstrates the harmful aspect of bioelectricity. When one looks at a person with unperturbed concentration, the sight develops strong potential to influence others. Staring longingly too produces the same effect. A lovely, smiling, sweetly smattering, playful, child naturally attracts the attention of onlookers. Some individuals have a natural temperament of staring at good things with penetrating, longing eyes. The gaze of such persons often harms the child, even if they look at a child casually, especially if they have vicious, greedy or selfish mentality.

When childless parents, craving for their own offspring, look at a child, their sight usually gives a bioelectric shock to the latter.

Staring with longing tends to attract the object being looked at. A wife staring at her husband going away from her for a long period of separation, makes him feel restless throughout the journey. Sometimes this biomagnetic attraction is so strong that it forces the husband to break journey or even return back home. In ancient times, in India, the consorts of soldiers traditionally bid farewell to their husbands proceeding to battlefronts, by applying a vermilion mark (*Tilak*) on the forehead of their husbands. Apparently it was as an expression for encouragement and good luck, but actually it was meant to bring their husbands back by creating a force of biomagnetic

attraction. (In an earlier chapter, it has been discussed how prolonged strong concentration associated with deep emotional involvement develops paranormal forces making interactions with distant objects possible.)

Returning back to the topic of harmful effects of bioelectricity on children, , it has been found that when a grown up person stares at a child with longing, a large amount of bioelectric charge is suddenly drawn out from the tender *Ideosphere* of the child. As a consequence, unable to withstand the shock of sudden loss of bioenergy, the child falls sick. Therefore, if a child suddenly becomes sick without any earlier indication, it is believed to be the effect of a shock received from some longing eye.

Women in India have known this phenomenon since ancient times. They are also familiar with the methods of prevention and treatment of such bioelectric shocks. Children in India are traditionally made to wear several types of talisman in the neck. These serve as some sort of lightening conductor for the protection of the child.

There is a simple method to treat a child suffering from a bioelectric shock. Drinking water or milk by the victim, in which a piece of red hot steel has been dipped, neutralizes the harmful effect of the shock. Putting a dark spot on the forehead, tying a black thread around the neck or hand, or drinking milk of a black goat too is believed to serve this purpose.

However, it does not mean that for protection, children are required to be quarantined in their homes – denying people the pleasure of hearing their sweet innocent gibberish. It would be unfair to deprive people of the heavenly pleasure of a

children's company. Nevertheless there is no justification in hazarding the vitality of a child for the sake of one's amusement.

Whatever is being advocated here, need not shock or irritate the reader. Nor should this writer be blamed for being an overly enthusiastic preacher. There is no wisdom in deliberately ignoring a bitter truth. Rather, there is a greater danger in keeping this phenomenon a secret, lest it scares the common man; than making it common. The only purpose of these expositions is to make the people aware of the need to protect their children from harmful effects of 'negative' bioelectricity.

There is absolutely no harm in casually speaking to children or playing and fondling them. They are harmed only when one stares at them with longing eyes. In longing eyes are hidden such cravings: "Why didn't I have such a beautiful child? A permanent company of this child will make my life heavenly....What an enchanting face this child has? God! Please bless me with such a baby....." Such emotions are neither vocalized nor deliberately evoked. Nevertheless, want creates in the subconscious mind such desires which remain suppressed for a long time. Sometimes, these desires are so subtle that the thinker is hardly aware of them. There is great power in a penetrating eye. The penetrating graze of some carnivore even mesmerizes their prey into inaction.

Prolonged craving for having their own offspring, make the bioelectric 'waves' of such desires in the childless couples potentially strong. While looking at a child with such a feeling activated in their conscious or subconscious mind, they may

give a great physical shock to a child. Holy men and women and recluses, who do not harbor a desire to have an offspring, do not have a sinister sight. There also are couples who do not have any child but are not longing for one because of their attitude and matured understanding the law of destiny. Their looks or company would not cause any untoward bioelectric effects on any child. On the other hand, parents, who in spite of having a large number of children of their own, feel tempted on looking at other children, may hurt a child while staring at it with a longing eyes.

While fondling a child, each one of us should remember that a child is to be loved as a vile-less, pure, creation of God. A child should not be treated like as any other object of the world. It is to be regarded as a beautiful, living gift, provided by God to make us learn human values (like innocence, truthfulness, honesty) by its behavior.

Frequent passionate embracing, kissing, cooing or expressing close intimacy by statements like, “My dearest one.....Can’t live without you....” are extremely dangerous for the vitality of the child. Such statements drain out the vitality of the child and may even affect its longevity.

Let the child be decently dressed and presentable, but it should not be made to wear glamorous clothes, ornaments and makeup to attract the attention of a casual onlooker.

In India, mothers know the norms for protecting their children from bioelectric shocks. When there is frequent lightening in a heavily overcast sky, the body loses some of its bio-energy. During such weather, mothers do not permit children to go out of the home. Before undergoing the sacrament

of *Mudana* (shaving of head between 3 to 5 years of age), a child is not taken into crowds of people (e.g. in fairs, etc). A newborn child is not exposed to people other than members of family and close relatives, till it becomes one or two year' old. These customs are meant to protect the child from alien bioelectric influences.

Since by the seventh month of pregnancy the organs of the infant are more or less fully developed, but the body is only feebly charged with bioelectricity, the child remains relatively safe from external shocks. Therefore, being for the most part dependent on the bioelectricity of their mother, children born in the seventh month normally survive. However, by the eighth month, the infant has a fairly developed bioelectricity of its own. The shock from a strong external bioelectric field jolts it violently — often resulting in the death of the poor being. To protect their newborns from such contingencies, mothers keep their prematurely born infants beyond the sight of outsiders. Here it needs a clarification, that the child being like an extension of their own body, the sight of its own parents never affects it adversely. Till a child becomes one year old, it should not be given in the hands of individuals of unknown character. Nor should anyone other than his biological parents be allowed to kiss the little one.

If a wet nurse having bad traits, temperament or health, breast-feeds an infant, the latter cannot escape imbibitions of her deficiencies in the subconscious mind through her milk. Unless eradicated in some way (through sacramental rites, company of noble persons or grace of a saint), the rudiments of these polluted traits grow with the child and influence

shaping of his mindset and personality. Hence, if a mother is unable to suckle a child, she may alternatively feed the child with sterilized lukewarm milk of a cow or goat rather than relying on strange bioelectric effect.

There is no harm in carrying the child in the lap and making it sleep besides the parents on the same bed. The bioelectricity of parents supplements the bioelectric field of the child. However, loading oneself with the child for hours is like over-feeding. It wilts the child with a high bioelectric feed like a plant overexposed to the heat of sunlight.

The opposite polarity of biomagnetism of man and woman being the cause of attraction between opposite genders has been already discussed. We have seen how, the younger person amongst the couple becomes vulnerable to exploitation by the older partner. The continuous drain of bioelectricity by the latter makes the younger person loses vitality. On account of the weak bioelectric field, a child cannot draw bioelectric charge from anyone except its own mother. Therefore children should be protected from sleeping besides elders of opposite gender.

In some families, parents having a large number of children, ask the relatively more grown ups to share the bed with grandparents or other elderly relatives. As discussed earlier, making a child share the bed with an older person is a harmful practice. It makes the child weaker day by day because of abstraction of bioelectric charge from its body by the older person. In such cases, unable to understand the real cause behind their failing health, the perplexed parents of the child seek remedies elsewhere.

Children should not be permitted to play around wicked persons. They also should not be exposed to places of having negative bioelectric domain such as places where someone has just died, which bear an ambience of sorrow, mourning, or which are or have been slaughter centers or war-fields, etc. The shocks from violent, fearsome or depressing experiences hamper their normal emotional development and sensitiveness.

Parents should not indulge in amorous activities when infants are around them. Considering a child emotionally impervious to the events taking place around it and therefore ignoring its presence, has a very harmful effect on the psychological development of the child. A child is not a lump of clay. Psychologists tell that the rate of learning in man is maximum during the early period of childhood. However young be the child, it continues to assimilate information from the activities of the surrounding environment. Children of 3 to 4 years of age are often found emulating sexual acts. By the age of 9 to 10 years, girls become aware of the difference between femininity and masculinity. Many young children become addict to embarrassing practices. On account of their ignorance, by exposing their children to amorous activities, parents themselves sow the seeds of erotic curiosity for sex in their young children. As the child grows up, these "seeds" mature, resulting in unnatural sexual fascination. In this way, the casual incitement of sex during infancy, compels man to fall into immorality in adulthood. By maintaining a privacy in their amorous activities, parents can help in preventing the global spreading of sexually communicated diseases (*such as AIDS*) and psychological complications amongst the modern youth.



21 | *Therapeutic Power of* **Bioelectricity**

Today there are many disciplines of medicines in vogue for treatment of diseases. The pharmaceutical industry produces many types of drugs for restoration of health. Some of these drugs are costlier than silver, gold, even priced more than precious stones. Impressive, authenticated certificates by experts are being produced in support of efficacy of such drugs. Nevertheless their use is not unrestricted without the advice of a qualified medical practitioner. A careless administration of these drugs bears great risks of unforeseen reactions. On the other hand, a poor person cannot afford to purchase these costly medicines. Besides, any deficiency in the process of their production or error in diagnosis renders them ineffective or even lethal.

This chapter describes a method of healing which is to a notable extent better than any prevalent system of medicine in every respect; is easy to follow; is available to everyone, guarantees cure and has round the clock availability for everyone. As a matter of fact, unless associated with this discipline in some measure, no system of medicine can produce the least bit of advantage.

Your guess is right. We are speaking about human bioelectricity!

In an earlier chapter, it has been discussed, that in contagious and infectious diseases, transmissions of bioelectric particles might make a healthy person sick. By simple logic, if negative, harmful characters of bioelectricity can make one sick, its positive effects should be beneficial for health. In the book "*Prāṇa Chikitsā Vigyāna*" (Science of Bioenergy Based Healing) the author has discussed different methods of treatment including those – which lay the foundation of *Pranik Healing or Reiki* – involving application of *Ātma-Vidyuta* (bioelectricity hidden in the vital core of the inner self). Here it is not intended to repeat those details. It would suffice to give a little information on the subject for some simple remedies.

In order to relieve the patient of pain in some part of the body, the therapist increases the bioelectric activity of that part, by transmitting bioelectric current through palms of hands or tips of fingers; since, being better conductor of bioelectricity, these have greater curative capability. Greater the bioenergy level of the healer, the more intense and faster would be the effect.

(In the ancient Yunani system of medicine, the practitioner carries out diagnosis by examining the texture of nails of fingers. Practitioners of Ayurveda, diagnose the disease by sensing the nature of pulse in the wrist; various types of pulse movements identified in Ayurveda are due to the difference in frequencies of bioelectric current in the blood flowing through body.)

To Relieve Pain in The Stomach: For a pain, uneasiness or any other disorder felt in stomach, a healthy person should rub palms of his hands and move these on the affected part of

abdomen of the patient repeatedly in a circular anti-clockwise motion. Within a short time, the energy level of that part will increase. Consequently the circulation of blood will also increase, providing relief.

To Alleviate Headache: A healthy person should intensify his own bioelectric currents by rubbing his hands and then press the head of the sufferer lightly with one or both hands.

Relief from Pimples, Sprain, Itching or Inflammation in Any Part of the Body: Caressing (soft patting) with palms or tips of fingers provides relief. In this way, the healing particles of bioelectric current in the affected part get intensified and the “clots” restricting the free flow of current and thus creating discomfort, are neutralized.

Relax the Tired Muscles: In India, preventive care or strengthening of the muscles by bioelectricity is a traditional household practice – popularly known as massaging. When a person gets physically tired, intermittent pressing by clasping with hands and fingers all over the legs and arms relaxes and energizes the muscles. Similar is the effect of massaging the back and neck.

Massage as a Means for Enhancing Bioelectric Activity: Wrestlers are aware of efficacy of massaging in relaxing muscles. Practitioners of *Ayurveda* prescribe massage for enhancing the bioelectricity of the affected part of the body. Massaging makes a tired horse fully relaxed.

Many hairdressers in India know special techniques of massaging the scalp for relieving dandruff and heaviness in the head.

Vigorous massaging helps in relieving arthritic discomfort, muscular injury and weakness due to poor circulation of blood in body.

When feeling perplexed, one involuntarily places hands on the forehead. It is a natural process for increasing the bioelectric activity of the brain. By doing so the mind freshens and solutions to problems begin to unfold.

Allaying Discomfort in Eyes: Sometimes a pimple is formed on the eyelids. It can be easily cured by rubbing the forefinger of one hand on the palm of the other and then lightly pressing the warm finger on the affected part.

Blowing warm exhaled air on an injured part of the body is also one of the methods of passing bioelectricity. For swelling and pain in eyes occurring due to an accidental bump, first aid is given by blowing warm exhaled air into a piece of cloth and gently pressing the cloth over the injured eye.

When hurt in a finger or any other part of the body, one instinctively begins to blow exhaled warm air onto the affected part. Children particularly, do it naturally.

Pranic Healing and Reiki : Of late, people's interest in the ancient modes of spiritual and natural healing has revived. *Pranic Healing* or *Reiki* are best known examples in this context that incorporate use of *prana* (universal life-energy, the source of bioelectricity) pervaded in the cosmos via the bioelectric

energy currents of the healer. Similar techniques are also used in re-establishing bioelectric equilibrium by reducing the aggravated or disproportionate activity in any part of the body or mental or emotional excitation, etc.

The to and fro movement of a hand held fan emulates this ancient method of therapy.

Pranic Healing can be effectively used in alleviating heat strokes, pain due to inflammation because of rashes in skin, ill-effects of over-consumption of drugs, intoxicants and similar cases of enhanced bioelectric activity in parts of body.

The procedure is simple.

The therapist of *Pranic* or *Reiki* stretches both arms horizontally, keeping palms downwards and fingers pointing towards the affected part of the subject. Concentrating on the diseased part, the hands are moved a little downwards and then, with a jerking movement sideways as though the surplus energy of the affected part of the body is being wiped out and discarded through the tips of the fingers. The motion is like shaking fingers to remove drops of water sticking to it. A few repetitions of this process provide immediate relief.

In this method of therapy, the quickness of relief and degree of success is commensurate with the will power, concentration and emotional involvement of the therapist. Repeated practice would strengthen the level of confidence of the therapist and augment his healing capacities.



22 | Benefits of Interaction with Virtuous Persons

The *ideosphere* of each individual exercises an influence on the character, behavior and temperament of other persons coming in contact. Consequences of keeping good or bad company are well known. Living in the company of bad people, one adopts their addictions, mannerism, whereas association with virtuous persons reforms an immoral individual. Man builds an *Ideosphere* of bioelectric charges around his body conforming to his values and state of physical health. As the fragrance of a flower diffusing around it is caught by the respiratory organs of people entering the “field of fragrance”, the particles of various human *Ideospheres* are being incessantly mutually absorbed, by individuals entering each other’s field.

As discussed earlier, this interaction is also a factor responsible for contagious and infectious diseases. Medical science tells about the presence of virus and bacteria around a sick person and advises healthy persons to avoid their closed vicinity. While treating a patient, the doctors too are very cautious about catching infections and take care of their personal cleanliness and sterilization of instrument.

Nevertheless, today, the conception of contagion and infection on account of contact with a diseased person needs a different interpretation. Significant characteristics of all living beings are their sensory organs of locomotion, eyes mouth etc. These do not exist in what we call germs and bacteria. In color,

form or shape too, the latter are not comparable to any living species. The modalities of spreading of diseases (such as epidemics) are not convincingly established. Why are the disease-producing microorganisms selective in choosing their victims? We still do not fully know why some persons become sick in a healthy environment without coming in contact with any diseased person, whereas there are many who remain immune to sickness in the worst infected environment. We find the members of hospital establishment rarely falling sick. (*Many social workers helping people during epidemics too continue to remain healthy.*) If bacteria and virus were animate beings like worms, these would not spare anyone. Like ants and worms, they would creep into each and every body. Within the confines of a home, a sick family member does not make everyone sick.

It is seen that people with strong willpower or physically and mentally vigorous, courageous bold persons, who are not afraid of falling sick most often remain resistant to diseases even in the seasons and areas sensitive to virus attacks, whereas those who are timid and apprehensive become an easy victim. Why should this happen? This cannot be explained even by any hypothesis in genetics.

(There also are many methods of healing defying explanation by modern medical science. For example, how do faith healing, Reiki, Pranic-healing, distant healing, auto-suggestion, etc work? What is the explanation for the placebo effect?)

As a matter of fact, the so called microorganisms are like 'particles' or micro-fields of bioelectricity having positive and negative polarity. The bioelectrical charge of foreboding persons

attracts these 'particles' whereas that of fearlessness repels them and serves as an insulated shield for protection against infection and disease.

It may be erroneous to assume that only diseased persons are carriers of "germs" of diseases. As water keeps on evaporating all around us, the bioelectric particles from the *Ideospheres* of all living beings also continuously diffuse around, irrespective of the health of the individual.

Since the members of sub-human species of the animal world, do not possess the insulating shield of strong will, they are always influenced by the bioelectric field of the environment around them. For example, naturally aggressive and violent animals like tigers, too behave timidly in the area around hermitage of a holy man. Man, on the other hand, is blessed by God with tremendous power of will. Unless voluntarily desired, he cannot be influenced by an alien environment contrary to his temperament. Man has the freedom to accept or reject anything as he likes.

However, the common man has very little willpower to resist influence of an external ideology. As a consequence, he gets easily impressed by new information or environment. However, if one is unable to comprehend anything about latter, or, in spite of understanding is capable of resisting the influence firmly, the new environment has little impact on him. For instance, though people are generally afraid of darkness, the aborigines working in dense forests, do not find any reason to fear dark places. Overcoming fear of darkness, a strong willed person too can move about in pitch dark places.

Powerful ideologies do not always influence the minds of weak willed, vile or stubborn persons. Doctrines of Mahatma Gandhi changed the life of numerous individuals but did not have any impact on the many labors and ignorant persons living in his company. Many amongst his strong opponents too remained impervious to his great ideologies, though their personalities were inferior to him in every respect. Amongst these was one of his own sons.

The foregoing discussion is meant to explain that either on account of total ignorance and inert level of bioelectricity or because of a strong will and powerful bio-energy one may remain uninfluenced by bioelectric fields of other persons. However, with very few exceptions in a million, the common man remains vulnerable to external influences.

Minds of children are neither completely devoid of knowledge and experience (since at that tender age the traits brought forward from previous births are not totally subdued by new experiences), nor do they have a developed strong will to resist impressions of new environments. Consequently, their personalities get invariably molded according to the company of associated people. However, here too there are a few exceptions. Where the character and temperament of a child is found contrary to those of the parents and people around him or her, it should be taken as a consequence of some extraordinary traits brought forward from previous births.

Barring the exceptions, the majority of people get influenced by the company they get associated with.

The question arises, when two individuals interact, who is likely to influence whom? In this case, a mental tug of war takes place between the will powers of the two persons. Who overshadows whom depends on the capacity, potentiality and strength of biomagnetic fields of the involved persons. The individual with the *ideosphere* having stronger biomagnetic force dominates. Everyday one interacts with many persons, but either because of short-time or extent of interaction or because of weaker level of their ordinary bioelectric particles which are repulsed by his biomagnetic field, their bioenergy hardly leaves an impression on him. On the other hand, an extraordinarily good or bad individual having a strong *ideosphere* creates a lasting influence on the common man.

Seeds of inherent traits in human-subconscious in an individual are attracted towards persons having similar temperament and “grow into trees” in their company. In course of an interaction between two individuals, until, their experience in life matures into wisdom, there remains a possibility of either of them influencing the other one. In other words, in order to avoid getting swayed by an alien influence, it is necessary to have discretion and this discretion is developed by experience. That is why the majority of teenagers are unable to resist the prevailing trends and is carried away by the so called modern trends prevalent amongst the masses.

Many amongst the old persons too remain immature from the point of view of self-discretion and determination. They get easily influenced by others. However, once an individual vows for an objective, takes a decision on a precise course of

action to be followed for his aims and objectives in life and adopts corresponding principles as guidelines, he is influenced only by subjects related to his ideology, and becomes impervious to the rest. Individuals truly dedicated to a cause are not detracted by others.

In order to chose a life-style for achieving a particular objective, one should identify and chose talented, successful individuals in the related field as role models and interact with them with devout respect and humility and learn from them sincerely. Humility in interaction enhances the power of receptivity. There is a saying in Sanskrit: “*Taddviddhi Pranapātena Paripraśnena Sevayā*” meaning – For seeking knowledge (from a guru), humbly salute, serve and then enquire. An interaction carried out with egoism and arrogance means filling oneself with a force of resistance. It does not bring any benefit. Therefore, for seeking knowledge one should have faith in the wisdom of the teacher and approach him (or her) with all humility and a dedicated learner’s attitude. It increases the biomagnetism of the seeker and makes it possible to attract the waves (of knowledge) from the *ideosphere* of the guru (spiritual master). That is why merely a visit of a disciple to a pious sage makes the former inwardly peaceful and intellectually elevated.



The Power of Noble Guru and Initiation in Spirituality | 23

Collective focus and interactive endeavors of two individuals on one particular objective, produce exceptionally high benefits as compared to the outcome of their independent efforts. Concentration on the same subject binds their consciousness together in a unified field of *Ideospheres*. Consequently the interchange of knowledge between them takes place in totality. Each one gets the advantage of the cumulative experience of the other person. The information goes to great depths in the subconscious of the interacting persons.

There is a great difference between interactions related to worldly affairs and exchange of wisdom of spirituality. The realm of education pertaining to ordinary activities in the world and social relationships remains confined only to reactions at the superficial level of intellect. The interaction involving communication of materialistic knowledge of the giver and the intellect of the receiver conditioned to extrovert thinking influences the psyche only superficially. Though, the sincerely given and acquired knowledge becomes firmly rooted in mind, its effect on man is not as profound as the extrasensorily transmitted wisdom of spirituality. [*The status of spiritual evolution of the inner-self is independent of education or Intelligence Quotient (IQ) of a person. Most of the great saints and seer-sages of the world were uneducated persons.*]

An interaction between the Guru and the disciple on wisdom of spirituality is not an exchange of material knowledge by word of mouth (*Vāchika*). The bits of wisdom and talent in spirituality have a million fold potentiality for development of (supernormal) talents and creativity than any knowledge of the material world. Just a fraction of wisdom bestowed (extrasensorily) by the Guru and imbibed by the inner subconscious of the disciple with faith and sincerity, is capable of growing to cover the entire wisdom (spiritual potentiality) of the Guru. The sacramental rite of “Spiritual Initiation” (*Dikṣā*) has been assigned a paramount status among the rituals of all religions.

Overtaking the outward mind and intellect, the transmission of spirituality from Guru to disciple takes place at the level of the subconscious and unconscious cores of mind and the self (*Chitta* and *Ahaṁkāra*).

In the process of initiation, a noble Guru uses his awakened spiritual power to interact with the disciple at great depths of subconscious level. He implants “seeds” (transmits bioelectric currents of his own spiritually activated life-force) in the subconscious of the disciple. These seeds get planted forever to germinate in the subconscious of the disciple. If nourished properly (by devoutly following the disciplines of initiation), these “seeds” grow and fructify within a short time. Otherwise too, these are not wasted and lie dormant awaiting a suitable environment for germination and growth.

It is a pity that now-a-days certain excessively vain and ambitious individuals dare undertake the complex and

formidable ritual of giving initiation. For monetary gains, they make a farce of even such high ranking yogic spiritual experiments as *Dikṣā*, making latter a subject of ridicule amongst the masses.

The wisdom of spirituality given by a competent guru is never wasted. A noble guru bestows “*Śaktipāta*” (extrasensory transmission of spiritual power) upon deserving disciples. Its effects could be seen within a very short period. The secret process of “*Śaktipāta*” can bring out a metamorphosis in the entire personality of the disciple. Many yogis (in India) are capable of awakening the “*Kundalīni*” (also known as ‘serpentine fire’ or the source of miraculous vital spiritual energy) of man simply by touching his head. The author has personally come across great spiritual masters and yogis, who can electrify their bodies by activating the hidden force of their tremendous soul power (*Ātma Teja*). In this state, touching his or her bioelectrically charged body gives a shock like a live wire.

However, the reader need not go into the details of these advance practices of yoga. It is sufficient to understand that humility and sincerity is essential for taking advantage of a good company. One must not miss any opportunity for interacting with strong willed, virtuous persons, even if it requires enduring discomfort and inconvenience. Given an opportunity to live and work with great personalities, sagacious thinkers, one should overlook personal inconveniences and discomforts, since the benefits of association with them are beyond imagination. The proverbial stone *Paras* referred to in

the allegoric scriptures mythology is believed to posses the “Midas-touch”; it is said, that any metal touched by *Paras* changes into gold. Such a stone, even if it exist somewhere would make one only wealthy in this world. But the benefits of interaction with an evolved soul are far beyond — to the extent of enabling a common man communicate with God.

The maximum advantage from virtuous interaction (*satsanga*) with a holy person can be derived in meeting the individual personally. Nevertheless, if it is not possible, there are other ways for taking advantage of the wisdom of great men. For seeking clarifications on doubts, one may correspond with the living great persons. Hand-written papers of enlightened persons too are a source of bioelectric charges of motivation. In course of writing, paper and ink handled by a saint-sage becomes charged with bioelectric impulses of his or her thoughts. liquid (in ink) being a good conductor of bioelectricity, absorbs the intensity of the thoughts of the writer. Thus reading his or her letter may amount to meeting the writer to some extent.

Original manuscripts of ancient texts are considered valuable since besides the contents of knowledge, they also contain “live particles” of the thoughts of their writers. (*Original paintings of great artists and personal articles of renowned historical persons are regarded precious for the same reason*). While reading a letter from a beloved person, one feels the presence of the writer. Exchange of letters with enlightened persons is therefore an effective way of virtuous interaction (*satsanga*).

Having been copied from manuscripts, the printed words in books may also carry some bioelectric particles that the writer had transmitted during the composition of the text. Engrossed reading of such a book evokes the same thoughts which the author had at the time of writing.

In the book "*Para Kāyā Praveśa*" (the art of entering someone else's body), this author has mentioned about the indestructibility of thoughts. It has been earlier discussed how innumerable thoughts emanating from the minds of people keep on hovering in space and rush to interact with similar thoughts arising in the mind of an individual thinker. Thoughts travel at tremendous velocity (comparable to that of light). In fraction of a second, a thought can go several times around the earth. (*In ancient times, in absence of any modern means of communication, the ideologies of great religions had rapidly spread around the world.*)

The impact of a piece of literature on the reader is commensurate with the depth of emotional input of its author. Similar is the case of the impact of a piece of art upon its viewers. Books written by people, who had strong faith in their ideologies, have moved masses around the world. (*Some examples are: "Das Kapital" of Karl Marx, "Democracy" of Russo, "Uncle Tom's Cabin" of Harriet Stow and the recent Harry Potter Series of Rolling.*) Casually written books or any work of literature generates very little influence on the reader. Sometimes, in spite of easy language, the reader finds it difficult to grasp the purport of the writer.

Lovers of books are advised to read only those books, which contain authentic information or thoughts conveyed by experienced writers. For drawing greater advantage, the reader is advised to conceptualize as though the contents are being read by the author seated in front. In this manner books too can serve the purpose of a *satsanga*.

The spiritual purpose of virtuous interaction (*satsanga*) is to ignite the virtuosity of an individual with the help of the soul power. Whereas serious contemplation on ideas and intensive thinking for research require a lonely place and a quiet environment, the soul power dormant within self can be more effectively brought out by interacting with spiritually enlightened people in a group.

In general, the combined force generated by a large number of individuals concentrating on one subject creates tremendous impact. The enhanced energy so created fills everyone present in the large assembly with enthusiasm and drive for activity. Participation in public meetings, processions, committee meetings, cabinet meetings of government and meetings of arbitrators serve a more fruitful purpose than deliberating on a subject individually in seclusion. Similarly, congregations, mass prayers, group discussions on virtuosity and singing of hymns by many persons in unison provide greater motivation. However, it is to be kept in mind that participation in such gatherings is only a preliminary step towards the goal. For reaching the core of the subject and grasping its fundamentals, one does require contemplation in solitude.



24 | *Elevate* Your Soul Power

If our existence matters, we are often required, in some form or the other, to influence or impress upon someone, to achieve our objective. One cannot do it in absence of adequate inherent soul power. The power of soul of man is reflected in the personality of man. An individual having a dead face, lusterless eyes and a voice laden with inferiority is always treated with disrespect. People are naturally attracted towards centers of power, where they expect to get something or the other to meet their requirement.

It is in the common nature of man to acquire more things than to give. Infirmary in an individual appears to invite help, which means giving or parting with something, which is personal. Therefore, everyone tends to avoid an unhappy person. Looking at a lusterless, unhappy face makes one feel depressed.

On the other hand, the radiance of a gleaming face appears to radiate happiness. People happily come forward to help a person having a vibrant personality. (The subconscious mind receives the message that such persons are capable of “giving”). Wherever an individual having a powerful, impressive personality goes, he is welcomed and treated with respect. His advice is considered valuable. People having views contrary to such person feel diffident in expressing their dissidence in his presence and everyone is

eager to tow his line. Only such individuals, who have a (bioelectric) radiant personality by virtue of the power of their awakened inner self become influential preachers, or attain outstanding success in their personal, social and professional lives, as per their chosen focus. On the contrary, an individual having a lackluster, lethargic personality always remains unhappy and does not bring cheer to anyone meeting him. Therefore, for success in any field of life, it is essential to develop an influential personality by enhancing inner strength.

Developing *Ātma Viśwāsa* (unshakable confidence in one's inner strengths) is the key to awakening the soul-power (*Ātma Śakti*) and hence augmenting the potentiality of personal bioelectricity (*Ātma Vidyuta*). Considering oneself a trifling, weak, worthless or inferior individual is like committing suicide.

The author, reminds every member of the human society that he (or she) is not a petty creature. Every human being is the crown prince, of the Supreme King - God. Has God have taken so much care in creating the precious life-form like mankind, to let man live like a worm and die like a dog? Certainly not. It is a blunder, a crime, a sin on our part if we ignore the dignity of our soul.

But one should also remember that it is absurd to conceive (or confuse) self-respect as equivalent to ego or sense of superiority over others. Considering material things as personal and being proud of relationships with the things of the world is ignorance. In reality, every one is a manifestation of the immortal soul. The true self is not the body with which one relates to the material world. Self respect does not mean being

respectful to one's body and proud of its faculties and possessions. Introspection of the divine attributes of the soul is an essential step towards knowing one's true self (*Ātma Darśana*). This itself is an act of virtue, duty and respecting the real self (*Ātma Sammāna*) in true sense. It is foolish to equate egoism with self respect.

One who believes in having a holy spark of divinity within self, cannot be disrespectful to one's own self and to others. On the other hand, considering oneself as a non-entity means distancing oneself from God. Keep on repeating the mantra: "I am a bit of divinity", ("therefore all my thoughts and acts should be pure", "I have inner power to do that") as an auto-suggestion. It will give you miraculous powers.

"*Sa-u-ham*", the principal mantra of *Vedas* is well known. Literally it means, "*Sau* (THAT - God) is *ham* (I - the real self)" In other words, it signifies that "I", the individual real self, exist as part of HIS omnipresence. The deeper this thought gets inculcated in the mind, the greater would become the luminescence of the power of soul within. In the book "Who Am I", this author has described a detailed exercise for such realization. This begins with conceptualizing one's soul as a bright luminous star like sun, visualizing the world (people, places, things and events related to you) rotating around it like planets moving around the sun.

Cultivating purity of thoughts assuredly helps awakening the otherwise dormant power of soul. In the book "*Swastha Aur Sundar Banane Ki Adbhut Vidya*" - pertaining to the hidden science of health and beauty, the author has discussed how

the celestial effulgence of soul is covered by the smog of vicious thinking, ignorance and untoward impressions. If one could deviate from thoughts and actions driven by sensual lust, infatuation, arrogance, anger, greed, jealousy, animosity, sin and hypocrisy and instead adopt love for humankind, virtues, compassion and benevolence in life, the excellence of soul would appear in the sense organs, making the individual extraordinarily influential.

How to Interact with Self-Respect?

As discussed earlier, for utilizing the potential of the soul imbibed in the inner-self, it is absolutely necessary to safeguard self respect (i.e. the respect for the real self).

A few simple tips will help the reader in achieving this objective.

Meet a person respectfully but never consider one's own self inferior. Be humble while talking, but do not adopt a niggling attitude. While meeting a person, take a seat commensurate with your status. Taking a back seat or sitting at a lower level, even when the front ones are available, should be avoided.

Do not address a person with highly adulatory words. Use a normal respectful expression.

Talking cheerfully with a slight smile on face creates a good impression. A little smile on the face enables the facial muscles to draw biomagnetic energy to the face making it more attractive and impressive. Besides, biomagnetizing the lips and cheeks, a large part of this energy enters the eyes, making these

sparkle. Scientists have yet to comprehend fully the factors responsible for the natural power of attraction of a smiling or laughing face. Nevertheless, it has been established that while smiling or (laughing), the facial muscles accumulate much more energy, creating an instant soothing impression on the onlooker, than what the normal expression of the same face would do. The appearance of this extraordinary energy on face also has a beneficial effect on circulation of blood and nervous system of body. Hence while meeting a person for some important purpose, one should not appear morose but be cheerful and relaxed.

For equality of terms, one should not interact timidly. Look softly into the eyes of the other person. Staring arrogantly into someone's eyes creates a bad impression. On the other hand one can sufficiently influence others by talking easily and dispassionately and looking into the eyes of others with self-confidence. But it must be remembered that nothing should be artificial or imposing. All these suggested acts and mannerism should be natural. For this, it is essential that one refines and dignifies one's qualities and conduct worth the glory of the soul.



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